



**Southwestern Virginia
Training Center**

March-April 2010

Newsletter

Parent Update

A Newsletter for Families of Those Residing at the
Southwestern Virginia Training Center

Let's have a Valentine's Day Party

Despite all the snow, wind and cold weather there were still volunteers that made it out to the training center to show how much they care in honor of Valentine's Day!! Heritage Church and Bob Goldstein & family visited 6A and brought a Valentine's Day cake, presents, and an array of great music. Linda Edmonds and family showed their love on 7C with cupcakes, lollipops, snacks and ice cream. Needless to say they were feeling very SWEET after Linda left!! 5A got a visit from the Hillsville Presbyterian Church on Feb. 14th. They brought little Valentine bears and snacks for everyone. Ruthie and Mary Helen, from the Presbyterian Church, even taught me and the guys some Valentine tunes from the 50's. Everyone thought it was fun to hear these songs they had never heard before!!! Mrs. Evelyn Gunter even made it out on Valentine's Day to bring us our uplifting Sunday Services. Thanks to everyone in February who braved the weather to come out and see us!!



Left: On Valentine's Day, Evelyn and Chrissy came out to sing and dance during Sunday Services. Sara Beth knows all the words to the gospel hymns that Evelyn sings. Raymond also got up to sing and show his praise!! There is always a lot of Sunday fun when Evelyn comes to the training center.

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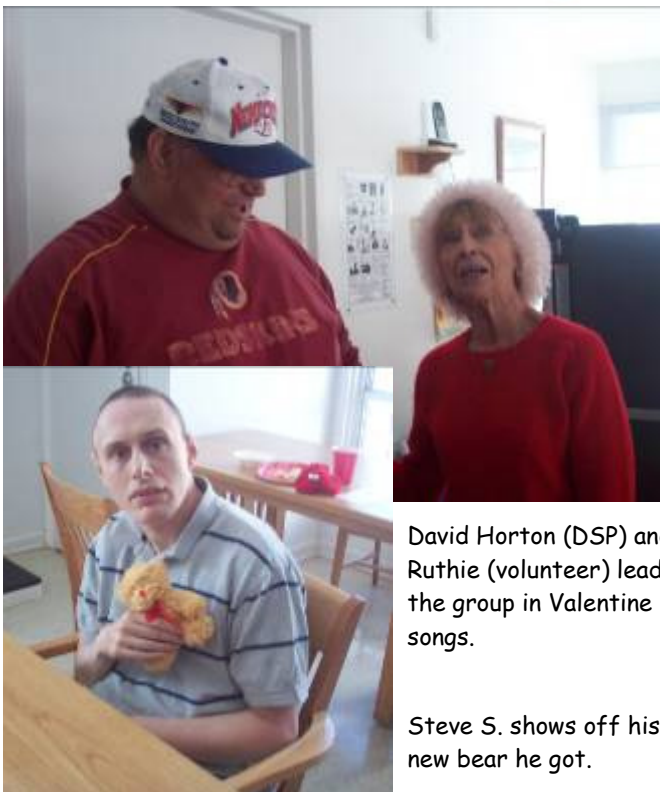
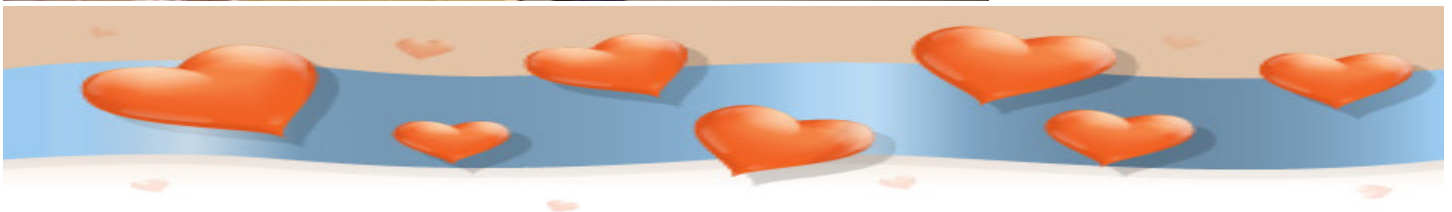
A Note from Abby 5

Special points of interest:

- * **Valentine's
Day Parties
Everywhere**
- * **Everyone
loves to go to
do the Valen-
tine's Day
Dance!!**
- * **Volunteers
help out at
the Animal
Rescue**
- * **US Census
Time**



Valentine's Day was a lot of fun when Linda Primm-Edmonds showed up with all of her goodies for the guys on 7C. Kevin liked the lollipops that she brought the best and Scottie enjoyed the cupcakes and potato chips. Linda retired after 30 years of service from her job as 7C's program manager in the summer. Since then she has continued to sponsor 7C with parties on every holiday and other special occasions.



David Horton (DSP) and Ruthie (volunteer) lead the group in Valentine songs.

Steve S. shows off his new bear he got.



The folks from Heritage Church in Pulaski brought cake, stuffed bears, balloons, and candy for the special ladies on cottage 6A.

Everyone loves the Valentine's Day Dance

The Valentine's Day Dance was awesome again this year!! There was plenty of dancing, food and fun. This year's King and Queen were voted on by the Individuals who live at SWVTC and they chose Thomas B as the King and Patricia P. as Queen. They will ride on a special King and Queen float for the Freedom parade and Christmas parade.



Above: The newly crowned King & Queen.



Above: Mona holds up the Wal-Mart gift card that 6A won for guessing the winner and points spread of the Super bowl.



Left: Mona and Raymond pause for a picture while they dance.



Right: Warner and Eileen are having fun dancing to the music!!

Individuals volunteer at Animal Rescue

On November 18, 2009, SWVTC Individuals are giving back to the community through volunteer work at the "Ear" Resistible Animal Rescue in Elk Creek. Some of the tasks they have performed have been cleaning stalls, assisting in herding the animals, washing windows, watering and feeding the animals, cleaning containers, dusting and vacuuming. Our Individuals have expressed pride in knowing they have helped these animals to have the comfort of a clean environment to live in. Our priority has been to establish a safe and secure environment for the individuals before they begin their volunteering. They have obtained many rewards through their volunteer work Such as being able to pet the animals and nurture animals that are in need of special care.

The owner/operator of "Ear resistible", Sue Cantrell has been extremely appreciative of the work and the enthusiasm of the Individuals toward this much needed sanctuary. Most of these animals have no other place to go except the pound.

The Individuals have also collected items such as storage containers, blankets, towels and leashes. The SWVTC Outreach Club is delivering the donated items to the animal rescue.



US Census Time a message from Jean Felts, Community Services Director

It will soon be time for the US Census survey, taken every ten years to get an accurate count of people living in the US. SWVTC residents will be a part of this survey, and the census staff will come to SWVTC requesting basic information on each resident, such as name, age and sex. It's important for the government to have this information so they can plan for the future of all Americans.

We want to comply with the census by sharing this type of basic information about all those who live at SWVTC this spring. If you are an Authorized Representative for someone living at SWVTC, we want to make sure you know about the census and that we plan to share information with the census bureau staff. If you have questions about the census, or if you do not want us to share any information about your family member, please let your Social Worker know as soon as possible. You can reach us at (276)728-3121.

For more information on Privacy, why the census is important, and what the census is, please go to the U.S. Census Bureau's website listed below:

<http://2010.census.gov/2010census/privacy/index.php>

<http://2010.census.gov/2010census/why/index.php>

<http://2010.census.gov/2010census/how/index.php>

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LIFE at SWVTC

VISION: Living
Independently and
Functionally Everyday

MISSION: Support Work
Value Teach Communicate

A Note From Abby

Is anybody else ready for Spring? We are all just waiting for a little sunshine here! We are hoping to plan another PAAC picnic for the spring (possibly May) since the one in the fall got canceled. I will let you know when we get those plans finalized.

This year's Volunteer Services Appreciation Banquet will be held April 15th at 6:00pm. We are planning to decorate with a luau theme and going to have an informal banquet with a band and light dinner fare to show our appreciation. I encourage you to call me if you would like to attend because we here at the center want to "THANK YOU" for everything you do throughout the year to support these wonderful Individuals. My number is 276-728-3121 ext. 236. And once again thanks for all of your support!!!

Help for Parents and Associates Advocate Council (PAAC)

Our group needs your help! Is anyone interested in serving as President of the SWVTC PAAC? The duties include chairing PAAC meetings and occasionally representing PAAC at meetings or writing letters on behalf of the membership. The person who serves in this position will have assistance from the facility whenever needed. Please contact your Social Worker if you are interested.

We need your help!!

The *Parent UPDATE* Goes Green

By Dennis Shrewsberry,
Assistant Director of Administration

In keeping with our efforts to become a "green" facility, we are considering the introduction of an electronic alternative for future editions of the *PARENT UPDATE*. In addition to saving paper, the "e-zine" format would enable the use of color, insertion of links, and other possible enhancements (for those with internet access).

You may receive in the near future an offer to "opt in" to the new format, or to continue receiving your newsletter in its current format. Let us know your thoughts on this by calling or emailing Abby Adkins at 1-276-728-3121 or Abby.Adkins@dbhds.virginia.gov.